



Feed Sleep Bond



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Keep track of your baby or child's symptoms using this chart

If you are fully breastfeeding, keep track of the foods you eat, and note your child's symptoms

If you are giving your child any other foods, formula or other drinks, then write those down too, in the right time box

More information can be found in the allergy questionnaire and allergy video available on the website

Time	Foods eaten (mother – if breastfeeding, or child if applicable)	BF (✓)	Behaviour	Vomits?	Stool – colour, consistency	Sleep	Other
00.00							
01.00							
02.00							
03.00							
04.00							
05.00							
06.00							
07.00							
08.00							
09.00							
10.00							
11.00							
12.00							
13.00							
14.00							
15.00							
16.00							
17.00							
18.00							
19.00							
20.00							
21.00							
22.00							
23.00							

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NB: foods take a variable amount of time to become present in breastmilk – from 1-24 hours! But an average is 4-6 hours. So you may need to look back to see what you ate several hours ago to see if a pattern develops. I recommend doing a food diary for 3-5 days.

If you do notice a pattern, eliminate this food as much as possible for the next 48 hours and see if symptoms are reduced. If it works, you can very gradually introduce small amounts of the offending food to see how much your baby can tolerate. Some babies require total elimination, and others can tolerate small amounts of the culprit!

Good luck!

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